|  |  |
| --- | --- |
| Organisation | Contact Details |
| Al-Anon (for family/friends of Alcoholics | National helpline 0800 0086811  (insert local numbers if available)  Email address: helpline@alanon.org.uk  [www.al-anon.org](http://www.al-anon.org) and UK [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk/)  Republic of Ireland-01 878 3864  Northern Ireland 02890682368 |
| Narcotics Anonymous 10am-midnight | 0300 999 1212 [www.na.org](http://www.na.org/)  (Insert local numbers if available) |
| Gamblers Anonymous | 0330 094 0322 [www.gamblersanonymous.org](http://www.gamblersanonymous.org) |
| Samaritans (emotional crisis) | call 116 123 |
| Shelter Helpline (for homeless people) | 0808 800 4444 |
| National Association for Children of Alcoholics | National Helpline… 0800 358 3456 |
| Childline (24 hours) | 0800 1111 |
| NSPCC (for children at risk of abuse) | 0808 800 5000 |
| Refuge (for women experiencing domestic abuse)24 hours | 0808 2000 247  (Insert local numbers if available) |
| Mankind (for males experiencing domestic abuse) Weekdays 10am-4pm | 01823 334 244 |
| Hospitals: For address check and link to map on Internet go to www.yell.com | Insert local hospital details |
|  | Table Correct at (insert date) |

**Other 12 Step and Non 12 Step Organisations Information**

**Appendix 3**

**These numbers are sign posts to organisations that can help. Give the number only if the caller requests it**